



Ardee & District A.C



Presents

The **Seamie Weldon** Memorial

5K Run | Walk

Saturday, 3rd September 2016 @ 12pm

(Location: St. Mary's GFC, Ardee, Co Louth)

**€2,000
Cash Prizes**

Circuit:

St. Mary's GFC, Sliabh Breagh,
Stoney Lane, Oberstown Cross,
Blakestown Cross, St. Mary's GFC.

Prizes:

- ▶ Seamie Weldon Memorial Cup
(1st Mens Team & Cash Prizes for Teams 1st & 2nd)
- ▶ Jimmy Bradley Memorial Cup
(1st Womens Team & Cash Prizes for Teams 1st & 2nd)
- ▶ Cash prizes in all Categories (Total €2,000)
(Seniors 1st, 2nd, 3rd. Masters 1st, 2nd o/40, o/50, o/60)
- ▶ Bonus Time Challenge Prizes
(Men 15min 32sec, Women 19min 27sec)
- ▶ All Entrants will receive a Technical t-shirt



Chipit timing - Register Online for €15 or €20 on the day

www.ardeedistrictac.com/register

(This is an A.A.I Event which will be fully chipped on the day)

Refreshments served in St. Mary's Club Rooms

Contact

Trudi McGuinness: 087 296 7835

Website: www.ardeedistrictac.com

Facebook: /ArdeeDistrictAC

Twitter: @ArdeeAthletics

#Ardee5K

Sponsored by



Kells Road, Ardee,
Co. Louth, Ireland

Tel: (041) 685 3555
Fax: (041) 685 3666